

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

NOVEMBER 19, 2004



Cpl. Megan L. Stiner

Camp Smith Raider defender Davian McKnight takes down Combat Service Support Group 3 Outlaw offensive powerhouse Nick Chapman during the second playoff game of the year. The Outlaws crushed the Raiders by a score of 49-12 at Pop Warner Field Monday night. The Outlaws are now one step closer to the championship game. Along with the Outlaws, the three other teams still in the running towards the championship game are the Headquarters Battalion Warriors, MAG-24 Bandits and 3rd Marine Division Dirty Thirds.

## Outlaws crush Raiders

**Cpl. Megan L. Stiner**

*Combat Correspondent*

The Combat Service Support Group 3 Outlaws decimated the Camp Smith Raiders 49-12 at Pop Warner Field Monday, but not before the Raiders exhibited their talent and got the Outlaws' nerves riled up in the first half.

Quarterback Ezekiel Winchester and the rest of the Outlaw's thought they had their work cut out for them after Winchester ran into the end zone for a touchdown during the Outlaws first possession.

But they were not so easily convinced after Raiders wide receiver Jon Dior Ferrel responded to the score by outrunning the Outlaw defense for a 60-yard sprint into the Raiders goal, evening up the board at 6-6.

Shouts of encouragement could be heard from the Raiders sidelines as they realized they tied the score against last year's football champions.

"Get 'er done," team members shouted; words that seemed to be the Raiders theme throughout the game.

The underdogs were not satisfied merely with one unexpected burst of momentum. And they proved just how hard they had worked in preparing for the playoffs when Davian McKnight scored



Cpl. Megan L. Stiner

The Combat Service Support Group 3 Outlaws faced off against the Camp Smith Raiders Monday at Pop Warner Field during this years second playoff game of the season.

a second touchdown to put the Raiders ahead of the Outlaws 12-6.

But the Raiders' intensity ended up working against them as the Outlaws became increasingly fired up. Perhaps they had underestimated the Raiders before the game, but once their opponents stepped up to a higher level of play, the Outlaws

rose above and beyond to dominate the rest of the game.

The team of Winchester and Mauricio Benavides worked their way up the field to put the Outlaws within scoring range and tailback James Richardson closed the deal to tie the game 12 all.

The Outlaws weren't done with that touchdown though, they ended up recovering a fumble in the end zone after the kickoff to add an additional six points to the board and put them into the lead 18-12.

After the Outlaws comeback, the Raiders began to lose their forward momentum and with 24 seconds left in the first half, they seemed to have given up. The Raiders punted the ball with seven seconds left and the Outlaws blocked the punt, recovered the ball in the end zone and secured their lead 24-12 before the clock ran out.

The Outlaws had scored three touchdowns in less than two minutes and any hopes the Raiders had of a playoff game upset faded away. Both teams it seemed had already experienced glory and defeat by the second half.

The Outlaws were determined to ensure their fans that the first quarter had been a fluke and they

*See FOOTBALL, C-9*

## Personal trainers expand unit PT

**Cpl. Jessica M. Mills**

*Sports Editor*

Hundreds of times every year, Marines and Sailors are up before the crack of dawn, wearing shorts and T-shirts adorned with a glow-in-the-dark belts for safety; some sing cadences others, won't say a word, but all will pound the ground while running.

In order to break up the monotony of routine organized physical training, the Semper Fit Center is now offering a unit physical training program that is free to active duty members. Professional personal trainers will be available Mondays, Wednesdays, and Fridays at 6 a.m.

"This class gives them an option besides running all the time," said Michelle White, a personal trainer for the Semper Fit Center and head instructor for the class. "Depending on the class they choose, the workout can be aerobic, such as cardiovascular training at a steady pace; or anaerobic, like sprints or jumping."

The program is offering many classes for units to choose from including:

**North Beach Bash** — This high-intensity class will challenge everyone. Race up the beach with your team and stop at different stations on the way.

**H.I.T.** — This high intensity training class challenges all with a combination of jump ropes, sprints, plyometrics and functional strength exercises.

**Circuit Training** — This is a moderate intensity class with different strength stations combined with short bouts of cardiovascular exercise.

**Relay Races** — Compete against your fellow Marines as you and your team race for the finish line.

**Cycling and Strength** — A combination of cycling and strength training, this class provides an all around low impact workout.

**Obstacle Course** — Get your boots and utilities out for this one. Semper Fit will reserve the Obstacle Course; all you have to do is show up. (Unit must provide medical personnel.)

**Sprints and Hill Work** —

*See SEMPER FIT, C-9*

## Na Koa buries Head Busters in dirt, 9-0

**Cpl. Jessica M. Mills**

*Sports Editor*

In a friendly intramural softball game, Sailors from Patrol Squadron 47's Na Koa put their talents on the line against their Marine counterparts from Electronic Maintenance Platoon, 3rd Radio Battalion, aptly named the Head Busters. Although Marines claim to be tougher in the field, these Na Koa Sailors proved otherwise when they outran and outbatted the Head Busters at Riseley Field Monday evening, defeating them, 9-0.

The Head busters coach admitted before the game that they were not doing so well in the standings this season, but he said that it did not matter to them. They all agreed that they were playing in the league to have fun and hang out, and their comic relief and antics during the game proved this statement true.

"We are definitely the most entertaining team out here, and the loudest," said Lance Cpl. Josh Duncan, the acting coach for the Head Busters. "We always try to just have fun out here. Its really not about winning, just having a good time playing."

The top of the first was over in a flash, since not one of the Head Busters made it to home plate, due to the impressive catching skills of the Na Koa outfielders. During the bottom of the first, Na Koa managed to score one run, but they were eventually struck out at third to end the first inning.

At the top of the second, Larry Blaze, a primary marksmanship instructor for 3rd Radio Battalion, struck a base hit to right field but the



Cpl. Jessica M. Mills

Na Koa shortstop Felix Carillo, a flight engineer with Patrol Squadron 47, rounds third base in the bottom of the third, and gained another run for Na Koa. The VP-47 Sailors ended the intramural softball game ahead 9-0, Monday evening at Riseley Field.

Na Koa outfielder "supposedly" caught it, although Head Busters players claimed otherwise. After deliberation with the umpire, Blaze was still sent out.

The final two outs occurred in the batters

box, as the Na Koa coach and pitcher, Jeff "Big Red" Wilson, an aviation warfare systems operator with VP-47, stayed on his game and continued to sling strikes one after another.

At the bottom of the second, the Head

Busters' pitcher was not faring as well, he walked three men in a row before Na Koa player Michael Campos, an aviation electricians mate with VP-47, made a hit to center field and made it to first.

Minutes later, another Na Koa player cracked the ball into center field and brought in the man on third, raising Na Koa's score 2-0.

Finally, a forced out on third ended the second inning.

In the top of the third, the Head Busters did not score, and the inning ended shortly. The Na Koa Sailors did well in the bottom of the third. With a man on first, Wilson hit a double to right field, and was followed by another double by Campos, who brought in two runs for Na Koa, 4-0.

Na Koa scored one more run before Head Buster Michael Neathawk caught the ball at third and passed it to second baseman Chris Thompson, an administration clerk for 3rd Radio Battalion, who tagged the base runner and ended the third inning.

The Head Busters had no runs in the top of the fourth and the inning flew by quickly.

In the bottom of the fourth, Na Koa made some base hits and brought in two runs, but they did it without any luster or excitement. Meanwhile, the Head Busters antics in center field grabbed most of the attention, especially when four outfielders attempted to catch the same fly ball. During the confusion, the runner on first stole second and two more runners were walked, gaining Na Koa another run, 8-0.

*See SOFTBALL, C-9*



# BASE SPORTS

## November 19 / Today

**Intramural Football Semi-Finals** — Head to Pop-Warner Field for hard-hitting playoff football action where the semi-finals begin at 6 p.m.

Game four of the semifinals goes on Friday, when Headquarters Bn. takes on 3rd Marine Regiment at 6 p.m. at Pop Warner Field.

Game five of the semifinals will take place Nov. 23. Combat Service Support Group 3 will compete against MAG-24.

Who's going to go to the championship? Find out by going to the games and supporting your team.

Call 254-7591 for schedule information.

**Semper Fit Center Court Closures** — From now through Dec. 1, the Kaneohe Bay Semper Fit Center basketball and racquetball courts will be closed due to resurfacing. MCCS appreciates your patience during our renovating effort to better serve the community.



## 22 / Monday

**The Gobble Gaggle of Golfers** — What better way to get ready to celebrate Turkey-day than by spending it on the golf course? Ok, there may be no correlation, but it's still a great place to spend the day.

The Intramural Golf "Turkey Shoot" Tournament is set for Monday and MCCS Intramural Sports is sending out a basewide turkey-call to all active duty and DoD cardholders, to head to the Kaneohe Klipper Golf Course.

This low net game will have a staggered start, beginning at 11 a.m. Register by 10 a.m. to ensure your place as this event is likely to be as filled with golfers as your mother's dinner table will be filled with food.

The cost is \$11 for E-1s through E-5s; \$17 for E-6s and up; and \$24 for all other DoD players. Please note that the price does not include a golf cart, but you might need the exercise before packing on the pounds over the holiday.

If your flight is similar to that of a turkey — as in not so hot — don't worry, the "low net" format is set for the flights A – D; A is a handicap of one to nine, B is a handicap of 10 –19, C is for golfers with handicaps of 20 – 29, and D is for handicaps of 30 and more. Golfers will be partnered with a foursome including all flights, or golfers of all abilities.

To register for the Turkey Shoot, call MCCS Intramural Sports at 254-7591.

## 26 / Friday

**3rd Annual Turkey Burn-Off** — The Turkey Burn-off is back on schedule! Work off those holiday calories at the 3rd Annual Turkey Burn-Off, to be held from 9 a.m. until noon at the Semper Fit Center aboard Kaneohe Bay.

This Aerobathon not only benefits you, but the Toys For Tots charity. The entry fee is a new, wrapped toy as a donation.

Contact the Semper Fit Center at 254-7597 for more information.

## 27 / Saturday

**Pyramid Rock Beach Surf Showdown** — Show your worth in the surf at the Pyramid Beach Surf Showdown.

The meet hits the beach from 7 a.m. to 5 p.m., and is open to all service members, their family members and DoD cardholders.

The competitions include youth surfing and bodyboarding for dependents ages 14 years and under as well as contestants ages 15 – 19 years. Amateur surfers can battle it out in the Men's Division (18 – 30 years), Men's Masters (31 and up), the Women's Open (all ages), the Men's Longboard Division (all ages) and the Women's Longboard Division (all ages). Awards will be presented to the first place winners in each division.

The entry fee is \$15 for adults, \$10 for youth. However, those registering the day of the event will be charged an additional \$10 fee.

For each additional division

surfers decide to join, there will be an additional cost of \$5.

Entry forms can be found and dropped off at the MCBH Aquatics building 274 as well as at the beaches.

For more information, contact MCCS Aquatics at 254-7655.

**Pro Bowl Tickets Go On Sale at Information, Tickets and Tours** — Beginning Nov. 27, grab your Pro Bowl tickets while they're hot, and available! It's first come, first served, so be sure to be there when ITT opens at 9 a.m. Ticket prices range from \$37 to \$103 depending on seating.

Call the ITT office at 254-7563 to secure your Sunday-funday at the Pro Bowl.

## 30 / Tuesday

**Intramural Football Championship Game** — Head to Pop-Warner Field for hard-hitting playoff football action where the final championship game begins at 6 p.m.

Who's going to win the championship title? Find out by going to the game and supporting your team.

Call 254-7591 for schedule information.

## December 20 / Monday

**Winter Junior Sailing Lessons Offered** — Hey kids, looking for something fun to do this winter break? Why not learn to be the skipper of your own boat with the base marina's Junior Sailing Lessons?

The two-week course is for ages 8 – 18, and runs Monday through Friday, Dec. 20 through 31. Choose from a 9 a.m. to 12 p.m., or a 1 to 4 p.m. course. Parents, this course is only \$99 and could make the perfect holiday present.

To register or for more information, call the base marina at 254-7666.

## Ongoing

**Gone Fishin'** — Join Mahalo Kai

# K-Bay to host Turkey Trot

**Edward Hanlon V**  
MCCS Marketing



Family Fun Run is free for both adults and children.

Team registration costs only \$100 so run as part of a 10-person team, and save! It's open to the public, so invite your friends.

Runners will earn points towards the Commander's Cup for their unit.

Register at the Semper Fit Center located at building 3037, stop by the

Semper Fit Administrative office in building 219, or register on race-day if you haven't already.

Awards will be presented to the top three overall competitors, along with first place awards going to the individual division winners. Kids will even receive participation ribbons for completing the Family Fun Run.

In addition to all of the fun, random drawings will be held for complimentary Thanksgiving turkeys, compliments of Safeway! Refreshments will also be available from Gatorade.

For additional information, call MCCS Athletics at 254-7590.

If you are what you eat, then what are you going to be on Thanksgiving? Well, if you don't want to be a turkey, burn off those holiday calories proactively at the 7th Annual 3rd Radio Battalion Turkey Trot 10K race, scheduled for Saturday.

The event is a combined 10K race and a 1-mile Family Fun Run aboard Kaneohe Marine Corps Base, Hawaii that will give you a chance to prepare for that feast right around the corner.

The race will be held tomorrow and begins at 8 a.m. The entry fee is \$15 for the Turkey Trot and the



## Felix Carillo

**Unit:** Patrol Squadron 47  
**Billet:** Flight Engineer  
**Hometown:** Burbank, Calif.

- Carillo has been playing softball for more than 24 years.
- He started playing in little league and played all the way up to high school. He got back into the sport at 18 years old when he joined the Navy.
- While stationed at Point Mugu, Calif., he played shortstop for the base team and helped win the intramural championships in 2001 and 2002.
- He has played shortstop and first base with VP-47 for two years.



# COMMUNITY SPORTS

### State Offers Outdoor Education

The Hawaii Department of Land & Natural Resources is offering education classes for the public. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is today from 5:45 to 10 p.m. and Nov. 20 from 7:45 a.m. to 4 p.m. in classroom A-212 at the Nimitz Business Center, 1130 N. Nimitz Hwy. (Drive up the ramp to the classroom, which is the first room on the right.)

A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call 587-0200 or visit [www.hawaii.gov/dlnr/Welcome.html](http://www.hawaii.gov/dlnr/Welcome.html).

### HTMC to Hike Kaimuki Sunday

Adventurers should meet at Iolani Palace at 8 a.m. for Sunday's hike.

This 7-mile, intermediate ridge trail will encourage hikers be one with nature. You'll work up a sweat hiking the many undulating hills, and be surrounded with scenic panoramic views, culminating with a cooldown at the windy summit. Call coordinator Ralph Valentino at 864-8130 for detailed information.

A \$2 donation is requested for each non-member, age 18 or over. A responsible adult must accompany children under 18.

Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets, radios and other audio devices are prohibited on hikes.

Check out the HTMC Web site at [www.geo](http://www.geo)



[cities.com/Yosemite/Trails/3660](http://cities.com/Yosemite/Trails/3660) for more information.

### Turkey Swim, Sunday

Ala Moana Beach Park will be the site of a 1000m and 2000m Turkey Swim Sunday at 8:30 a.m.

Call 536-3556 for details.

### Kualoa Ranch Hosts Mountainfest 2004

Nov. 27 – 28 will be busy at Kualoa Ranch with four big events including the Mountainmanfest 10K Trail Run, Mountainmanfest 20K Mountain Bike Race, 10th Anniversary Pflueger Honda Mountainman Triathlon and the Sour Punch Keiki Fun Run.

Get your race applications at BOCA Headquarters at 330 Cooke St. or in Athletes Hawaii magazine, or sign up online at [www.active.com](http://www.active.com).

Call 591-9839, e-mail [bocahawaii@hawaii.rr.com](mailto:bocahawaii@hawaii.rr.com) or visit [www.bocahawaii.com/races.php](http://www.bocahawaii.com/races.php) for details on the races.

### Harlem Globetrotters Tickets on Sale

Tickets are on sale now for a Nov. 30 appearance by the world-famous Harlem Globe-trotters.

The show begins at 7:30 p.m. at the Blaisdell Arena. The show is part of the Trotter's current Asia-Pacific tour.

The Globetrotters are the world's winningest basketball team. They have performed before more than 120 million people in 117 countries since their first game in 1927.

Tickets are priced at \$35 for courtside and side risers, \$25 for risers, and \$15 and \$10 for upper levels. Special discounts apply for children 12 and under, seniors 65 and older and those with a military ID. Discounts are \$3 off \$35 and \$25 tickets, and \$2 off \$15 and \$10 tickets. There is also a 10 percent discount for groups of 20 or more. Tickets are available at the Blaisdell Box Office and all Ticketmaster

locations, including Times Supermarkets.

### Adventure Race at Kualoa Ranch

This, the second of three main series races on Oahu will further test racers' skills in adventure racing and will include some night time operations.

Race 2, Dec. 19, will consist of hiking & trekking, orienteering and navigating, kayaking, ropes, mountain biking, an environmental sensitivity project and a mystery team builder.

It will be completely self-supported in a team format and will last approximately 4 – 6 hours. The Adventure Race Hawaii Sprint Adventure Race is a USARA sanctioned race.

Advanced certifications in ropes and water will be required. Each certification clinic is \$25 and clinics are offered the day before the race at Kualoa Ranch.

If you have prior open ocean and wave surfing kayaking experience as well as fixed rope ascending and traversing experience, you will need to provide a list of your levels of experience. If not you will be required to attend the ropes and kayaking certifications.

Registration is currently underway online at [www.active.com](http://www.active.com) or adventurers can register the day prior to the race, Dec. 18, at Kualoa Ranch. Entry fees are \$170 for two-person teams and \$330 for four-person teams. Military participants are \$153 for two person teams.

Visit [www.adventureacehawaii.com/race2\\_overview.php](http://www.adventureacehawaii.com/race2_overview.php) or call 591-9839 for detailed race information.

### Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs.

For more information, call Turtle Cove at 259-4121 anytime from 8 a.m. to 8 p.m. (Bring bottled water and sunscreen for outdoor activities.)

- **Saturdays at 8 a.m., Morning Paddle:** Take the

guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Advanced skill level is required.

- **Saturdays at 1 p.m., History Tours by van:** Learn about and see significant historical landmarks on Bellows Air Force Station.
- **Sundays at 8:30 a.m., History Tours by bike:** Ride into off-limits areas on mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Day rental of bikes and helmets is included. Wear closed-toe shoes.
- **Mondays at 8:30 a.m., Hike to Makapuu:** Take a moderate 2.5-mile roundtrip hike to the Makapuu Lighthouse. Wear closed-toe shoes.
- **Tuesdays and Thursdays at 10 a.m., Lei Making:** Pick your own flowers to use in making beautiful lei and enjoy ancient Hawaiian folk tales and stories.
- **Wednesdays at 6:30 a.m., Bikram's Yoga:** Gain a sense of well-being and good health in this Indian-style form of yoga, which features 26 postures and two breathing exercises.
- **Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:** Discover the magnificent underwater world of the ocean at a nearby, undisturbed reef. Transportation, instruction and snorkeling equipment are included.
- **Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:** Master ocean-kayaking skills including water safety and efficient paddling techniques in this two-hour class.
- **Thursdays at 9 a.m., Beach 101:** The whole family can attend this fun class.
- **Fridays at 1 p.m., Bodyboarding Lessons:** Learn how to catch and ride the waves. Free day rental of boogie board is included.

### Hawaii Marine Accepts Sports and Recreation Briefs

Advertise sports and recreational activities of general interest to the DoD community in the *Hawaii Marine*. E-mail items to [editor@hawaiimarine.com](mailto:editor@hawaiimarine.com), or call the *Hawaii Marine* at 257-8836 or 257-8837.





# The Bottom Line

(Editor’s Note: “The Bottom Line” is the **Hawaii Marine’s** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “**If you don’t speak up, you won’t be heard.**”)

## Were the Red Sox ever cursed?

**Sgt. Joe Lindsay**  
*The Goat*

*“We will clutch a World Series victory like the survivors of the whaling vessel Essex clutched the human bones of their shipmates when a rescue ship pulled up next to their lifeboat. They were at sea for many months, and their only sustenance was the marrow of their shipmate’s bones. The shipmates died of starvation in the lifeboats. They were delirious, and they thought the rescue boat was going to take their little pile of bones. As they were pulled onto the ship they would not let go of the bones. These are Red Sox fans, who will clutch a World Series victory to their chests and not let go for, perhaps, another 86 years. We do not expect instant gratification. A victory will age in the wine cellar for many years, and as we reminisce, it will grow into something even better. We will occasionally turn the bottle over, and as time plays tricks, it will become more remarkable and legends will be born about 2004.”*

— Jonathan Hall, Red Sox fan

The Boston Red Sox were never cursed. Never once. Not when Babe Ruth was sold to the Yankees for cash in the most infamous sports management blunder of all time

and not when Bill Buckner became synonymous with the word blunder itself. They were not cursed after devastating World Series Game 7 losses in 1946, 1967, 1975 and 1986.

What they did have over the years since 1918 was a remarkable ability to snatch defeat from the jaws of victory. A penchant for remarkable collapses and amazing losses. What they also had were some of the best and most loyal fans anywhere on the face of the earth. And it was this fan base that inadvertently created what came to be known as “The Curse.”

Boston is a beautiful city with a rich history. But it is also a hard town, where 16-year old kids cruise the “Combat Zone” looking for prostitutes and fake IDs; where corner bars outnumber corner grocery stores and where “See you next Wednesday 36” is more likely to be playing in theaters than “Shrek 2.”

Being a sports fan is a form of escapism. Escapism from the reality of a world where 40-year-old men from rural areas and inner cities who have seen the world and faced death are given less respect than 22-year-old boys from suburbs who have seen the malls and faced mid-term exams.

**Capt. K.D. Robbins**  
*The Professor*

While The Professor and The Goat contemplate a sabbatical to promo our rap album, sans Ron Artest, The Bottom Line finally pays homage to the Boston Red Sox and the slaying of the “Curse of the Bambino.”

For those of you unfamiliar with the tale, the facts are simple. Prior to the trade of George Herman “Babe” Ruth from Boston to New York before the 1920 season, Boston had won five world championships. Three of those five came in 1915, ’16 and ’18, with Ruth on the team. And until this season, the Red Sox fell heartbreakingly short (Bucky Dent, Bill Buckner, etc.) of championship after championship. It’s poetic justice that the roadmap to failure and later success was and is based on one factor: salary.

No one denies Theo Epstein’s group of renegades and bar room brawlers are due as world champions. However, what does it take to break an 86-year World Series drought?

Simple: \$127,298,500.

So, as chowder heads bask in the glory of the greatest comeback in sports history (ALCS, down 0-3 to the Yankees) and the

World Series sweep of whiny LaRussa’s Redbirds, let’s remember that Epstein’s formula for success is a mirror image of Colonel Jacob Ruppert, George Steinbrenner and the evil Yankee empire. Pay the players = Win!

Second only to the Steinbrenners, the Red Sox payroll is nearly \$27 million higher than the third-highest Anaheim Angels, who hold the only other Major League Baseball payroll over \$100 million. That said, it appears that the Red Sox got a bargain, as their payroll was nearly \$57 million less than A-Rod, Jeter, Shef and the rest of the Bronx Bombers.

Now, where does that other “cursed” team fall in line? Good news, Cubs fans, your ownership need only spend a paltry \$37 million this off-season to bring you to the big time. With studs like Carlos Beltran available, it’s time for the “Billygoat Curse” to end.

**Bottom Line:** The formula is simple: Money can’t buy love, but it can buy a championship. Of the eight teams that competed for the 2004 MLB world championship, their payrolls were in the top 12 overall. So, before we anoint the Boston Red Sox as miracle makers, remember that miracles carry a hefty price tag. If the Cubs drop the coin on Carlos, Dusty Baker’s boys will win one for The Goat ... no pun intended.

### READERS STRIKE BACK

“Soccer is the greatest sport in the world.”

Dear Bottom Line,

Every week I see nothing but football, basketball and baseball in “The Bottom Line.” I am from Port-of-Spain, Trinidad, and I am here to tell you there is a sport more popular than any other. That sport is soccer.

I would really like to see a soccer story in your paper written by the Professor and Goat.

Soccer is the greatest sport in the world

and it deserves more respect from “The Bottom Line.” Thank you for taking the time to consider this request.

**Steffon Mapp**  
*Port-of-Spain, Trinidad*

Call With Any Problem, Any Time

1-800-448-3000

www.girlsandboystown.org

A CFC participant — provided as a public service



Girls and Boys Town

HELPING HEALING HOPE

National Hotline



Street Wise

The right gear will not only keep you comfortable, it will help protect you. Wear a helmet and protective apparel and be prepared for anything the road or the weather throws at you.



**MSF**  
MOTORCYCLE  
SAFETY FOUNDATION®

(800) 446-9227

www.msf-usa.org

SPORTS AROUND THE CORPS

Quantico snipers hit the mark

Cpl. Susan Smith  
MCB Quantico

**MARINE CORPS BASE QUANTICO, Va.** — “Neither of us even knew we were going until a day or two before we had to leave,” said Gunnery Sgt. Rodney Abbott about the recent Armed Forces Skill-at-Arms Meeting sniper competition in Camp Robinson, Ark.

This didn’t stop Quantico’s two-man team from taking a last-minute trip Oct. 11 – 15 to the Army National Guard Marksmanship Training Center at Camp Robinson for the competition.

“We had never even met each other,” said Cpl. Juan R. Vela, teammate of Abbott, the staff noncommissioned officer-in-charge of Quantico’s rifle team. “We only had one day to practice together.”

That didn’t stop Abbott and Vela from returning home as the 2004 AFSAM champions.

Abbott, the returning member of the sniper team, reigned victorious for the second consecutive year. But for Vela, competing in a sniper competition was a brand new experience.

“I’ve been a sniper for about four years, but I’ve never used my skills to compete,” said Vela. “I thought it would be a good test for me.”

Because Abbott previously won the AFSAM and has competed in various other competitions, Vela was worried that he wouldn’t be able to meet his standards.

“I kept telling him that I might not be as good as him,” said Vela.

Abbott was not concerned.

“I wasn’t worried about that,” said Abbott. “I was just trying to work on making us click.”

In order to effectively work together, each teammate must know how the other operates, he said.



Courtesy of Weapons Training Bn.

**Teammates Gunnery Sgt. Rodney Abbott and Cpl. Juan Vela take aim for the camera at Quantico Weapons Training Center. Abbott and Vela returned home from Camp Robinson, Ark., as winners of the 2004 Armed Forces Skill-at-Arms Meeting sniper competition.**

“All the events are timed,” he said. “So you have to be able to understand what you are trying to tell each other.”

Teammates must speak the same language — “sniper dialogue,” he said.

Other teams at the competition included members of the Army National Guard, Air Force and the Army All Guard (an Army sniper group).

“Most of the teams had known about the competition for a while,” said Vela, “and they were able to train for it together.”

In the beginning, the lack of time together was a disadvantage for the Marines.

“We started out in the hole,” said Vela. “But we couldn’t get discouraged.”

Instead, the Marines decided not to look at the scores for the rest of the competition.

“I knew that our performance, our training and our will to win would speak for itself,” said Abbott.

The 18 sniper teams employed their skills during day and night known distance marksmanship operations ranging from 100 to 600

yards, target range estimation, observation and concealment, land navigation, stalking and stress shooting.

“We also had to run four-and-a-half miles with a pack that weighed at least 45 pounds,” said Vela. “We had to go up hills that even trucks had problems with.”

The Marines worked together throughout the competition to come out on top.

“We had members of other teams coming up to us and asking us questions,” said Abbott. “We tried to answer any questions they had. We didn’t keep anything to ourselves.”

The officer-in-charge of the sniper portion of the competition was surprised that the Marines were sharing their knowledge with their competitors, said Abbott.

“Because we are stationed on Quantico, it is more likely for any of them to see Iraq before we will,” said Abbott. “They should have all the knowledge they can before going over there.”

Vela has already been deployed to Iraq, and Abbott is ready and willing to go.

“If you get a sniper team who is perfect on the functioning level, they are lethal,” said Vela. “They are the most efficient way to get the round to the bad guys.”

The AFSAM sniper competition was a great way for the competitors to hone their skills, said Abbott.

“I had fun,” said Vela. “But I also received some really good training by being out there with all of the other snipers.”

MAKE A WISH.  
Share the Power of a Wish.  
www.wish.org (800) 722-WISH

Lead by Example

Make a good first impression. Respect your fellow riders — no matter what they ride.  
www.msf-usa.org • (800) 446-9227



Proud to Serve

A tradition of service for more than 100 years.



Volunteers of America®  
1.800.899.0089  
VolunteersofAmerica.org  
a CFC participant

There are no limits to caring.  
Provided as a public service.



# 229-mile birthday run honors Marines

**Pfc. Lukas J. Blom**  
*MCAS Iwakuni*

**MARINE CORPS AIR STATION IWAKUNI, Japan** — Mile one, Nov. 10, 1775, the leatherneck is born in Tun Tavern. Mile 137, 1912 Alfred A. Cunningham introduces aviation to the Marine Corps which adds a whole new dimension to its war fighting prowess. Mile 229, present-day Marines in Iraq and Afghanistan fight courageously for the war on terror.

Marines from Marine Aviation Logistics Squadron 12 began the 229-mile Marine Corps birthday run, Nov. 9, to commemorate each of the Corps' 229 decorated years as the best fighting force in the world. They completed their 2nd annual Marine Corps birthday run that was 229 years in the making, Nov. 10.

"We wanted to bring camaraderie and focus to what it means to be part of this Corps," said Sgt. Maj. Devell Durham Jr., MALS-12 sergeant major. "We want people to remember the significance of being a U.S. Marine."

The run kicked off at 7:30 a.m. at the north side football field. The oldest Marine in the squadron, Master Gunnery Sgt. Allen Dedmon, MALS-12 avionics chief, born in 1956, ran the first mile carrying the squadron and Marine Corps colors.

The first 225 miles of the run were run in one-mile lengths by individual Marines from the squadron who volunteered prior to the event, said Durham. The runners kept a consistent eight-minute-mile pace.

"When we put the run roster up for volunteers to sign up, all 224 slots were taken in less



Pfc. Lukas J. Blom

**Marine Aviation Logistics Squadron 12, from Marine Corps Air Station Iwakuni, runs down the home stretch of the 229-mile journey they had began more than 30 hours before. The run was completed on Nov. 10 to commemorate each of the Corps' 229 decorated years as the best fighting force in the world.**

than 15 minutes," said Durham.

The youngest Marine in the Squadron, PFC Michael A. Teague, MALS-12 maintenance administration clerk born in 1986, completed the

226th mile at 1:14 p.m.

Out of the 738 service members with MALS-12, 580 were able to participate in the annual

event, said Durham. Some of the absent service members are currently serving with the 31st Marine Expeditionary Unit in Iraq.

"We want Marines to realize what's happening in the real world," said Durham. "We're going up against the enemy in Iraq and doing great things. This is about every Marine and Sailor and remembering what they are doing at this hour."

The run was started one year ago by the Marauders to begin a birthday tradition where they can continue to better themselves, said Durham.

"We had nothing that brought the focus to the birthday," said Durham. "So we came together as Marauders and everyone touched the colors to signify esprit de corps and what we represent as a unit. The standard will be raised every year."

"We are professionals at what we do in procuring and delivering aircraft components," said Capt. Luis E. Ortiz, MALS-12 executive officer. "Sometimes you have to be well rounded in all aspects to complete your mission."

"An event like this commemorates what we've done and exemplifies how we're well rounded Marines. ..."

With the 229th birthday run complete, the Marines of MALS-12 look forward to another year in the Marine Corps and new goals to accomplish.

"Whatever our job is, we're Marines first," said Durham.



# Marines learn role of racetrack pit



Cpl. G. Lane Miley  
Marines from 2nd Transportation Support Battalion, 2nd Force Service Support Group, based at Camp Lejeune, N.C., race against the clock in a pit crew competition at Pit Instruction and Training. The warriors were invited to PIT to get the fan experience of being a professional pit crew. Throughout the day they learned a new appreciation for one another and the importance of working well as a team.

Cpl. G. Lane Miley  
2nd Force Service Support Group

**MOORESVILLE, N.C.** — “It is an honor and privilege to have all of you men and women of service here today. I respect what you’ve done and what you do everyday,” Jeff Hammond told his 20 guests from 2nd Transportation Battalion, Oct. 25, when the Marines visited his pit crew training facility here.

The 20 warriors from 2nd TSB, 2nd Force Service Support Group, left their home base at Camp Lejeune, N.C., in the early morning hours to make the nearly six-hour drive to Hammond’s school – Pit Instruction and Training.

When they arrived, the Marines filed into the school’s on-site auditorium. There they learned the role of a racetrack pit crew, the jobs of each crew member and received hands on instruction for those jobs. They also gained added insight into the importance of working as a team, which should prove beneficial when they deploy next year.

“Is there any difference?” Staff Sgt. John H. Lee asked the Marines after they received their basic pit crew class. “[Just like them], you have to rely on that man next to you. You can achieve so much through teamwork.”

The Marines learned that not only must pit

crew members rely heavily on the person next to them, but they too must focus greatly on their physical fitness.

“When you’re doing an arduous task you have to be physically fit, so the mental [exhaustion] doesn’t bother you as [much],” said Hammond, who is still known around the racing world as one of the greatest all-time crew chiefs, explaining how important being in good shape is.

Hammond said strength is important, but sometimes precision and accuracy is what really helps shave seconds off a pit time and win a race.

“Sometimes you have to slow down to speed up,” said Hammond, who contributes commentary for NASCAR and co-hosts the pre-race show “Hollywood Hotel.”

When a crew is going for that perfect pit stop, in which everything goes right, they must rely on their training, but at the same time take a moment to concentrate on the task at hand. Similarly, Marines must focus on their mission and think about what they are doing in order to succeed.

The PIT team gave the Marines a new perspective on working together, but the visit was not the first time the two have come together. The initial meeting was in appreciation of the local community who sent numerous donations to PIT.

Angela M. Schwartz, the operations manager for PIT, recently delivered four pallets of donated comfort items to the Marines’ battalion.

“We knew the Marines were set to deploy next year, so I brought down the trailer and my ‘dually.’ [The donations] filled their office,” said Schwartz, a former Marine sergeant from Carroll, Ohio. “We invited [the Marines] to do the fan experience and go over the wall.”

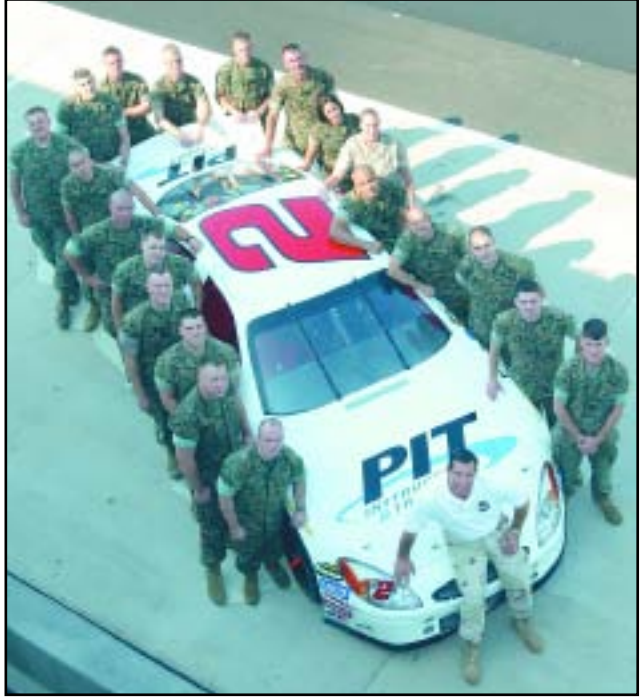
The Marines did go over the wall. Following their basic instruction in the auditorium, the Marines went outside to PIT’s track. There they received lessons on how to lift the vehicle and replace the tires. Afterward, they headed inside to visit and enjoy a barbeque lunch.

After lunch the Marines formed teams and conducted timed drills, simulating a car coming in for a pit stop, changing its tires and returning to the wall.

At first the warriors’ times were as high as two minutes, but as the day came to a close the fastest team shaved its time down to well under a minute.

Hammond, a Charlotte, N.C., native, said the ideal time for a pit stop is only 13 seconds, but the Marines did especially well with the amount of practice they had.

“I want them to leave here with the teamwork aspect. It is important to work together when moving into something you’ve never experienced,” said Hammond.



Cpl. G. Lane Miley  
Jeff Hammond and Marines from 2nd Transportation Support Battalion, 2nd Force Service Support Group, based at Camp Lejeune, N.C., lean against a race car after a day at Hammond’s Pit Instruction and Training. During their day at PIT the Marines learned about the different jobs of a pit crew, how to perform those jobs and how to work as a team.

# Quitting smoking can save your life

**Press Release**

*Center for Disease Control and Prevention*

The 1982 Surgeon General’s Report stated that “Cigarette smoking is the major single cause of cancer mortality in the United States.” This statement is as true today as it was in 1982. Because cigarette smoking and tobacco use are acquired behaviors, ones that the individual chooses to do, smoking is the most preventable cause of premature death in society.

**Who smokes?**

According to the Centers for Disease Control and Prevention, 45.8 million US adults were current smokers in 2002 (the most recent year for which numbers are available). This is 22.5 percent of all adults (25.2 percent of men, 20.0 percent of women) - nearly one in every four people.

Alarminglly, the numbers were higher in younger age groups. Almost 29 percent of those 18 to 24 years old were current smokers.

Nationwide, 22.9 percent of high school students were current smokers in 2002. White and Hispanic students were among the highest in terms of cigarette use. (For more information, see the American Cancer Society document, “Child and Teen Tobacco Use.”)

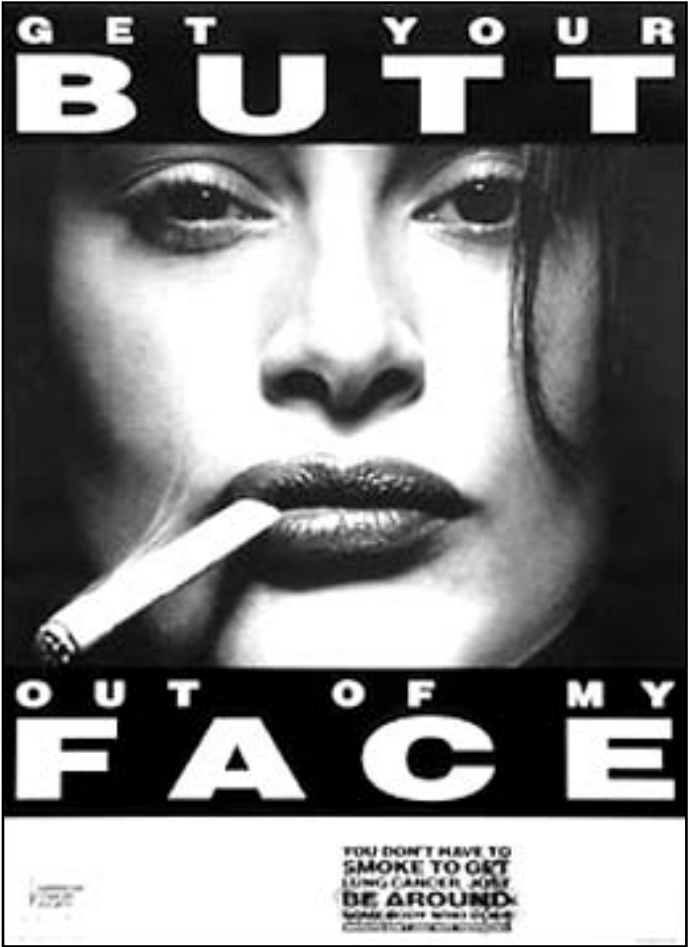
**Health effects of smoking**

About half of all Americans who continue to smoke will die because of the habit. Each year, a staggering 440,000 people die in the U.S. from tobacco use. Nearly one of every five deaths is related to smoking. Cigarettes kill more Americans than alcohol, car accidents, suicide, AIDS, homicide, and illegal drugs combined.

**Cancer**

Cigarette smoking accounts for at least 30 percent of all cancer deaths. It is a major cause of cancers of the lung, larynx (voice box), oral cavity, pharynx (throat), and esophagus, and is a contributing cause in the development of cancers of the bladder, pancreas, liver, uterine cervix, kidney, stomach, colon and rectum, and some leukemias.

About 87 percent of lung cancer deaths are caused by smoking. Lung cancer is the leading cause of cancer death among both men and



women, and is one of the most difficult cancers to treat. It is very hard to detect when it is in the earliest, most treatable stage. Fortunately, lung cancer is largely a preventable disease.

**Other health problems**

Cancers account for only half of the deaths related to smoking. Smoking is also a major cause of heart disease, aneurysms, bronchitis, emphysema, and stroke, and can increase the severity of pneumonia and asthma.

Tobacco has a damaging affect on women’s reproductive health. It is associated with reduced fertility and increased risk of miscarriage, early delivery (prematurity), stillbirth, and low birth weight in infants. It has also been linked to sudden infant death syndrome.

Furthermore, cigarette smoke has a harmful health effect on those around the smoke.

**Effects on quantity and quality of life**

Based on data collected from 1995 to 1999, the CDC estimated that adult male smokers lost an average of 13.2 years of life and female smokers lost 14.5 years of life because of smoking.

But not all of the health problems related to smoking result in deaths. In the year 2000, about 8.6 million people were suffering from at least one chronic disease due to current or former smoking, according to the CDC. Many of these people were suffering from more than one smoking-related condition. The diseases occurring most often were chronic bronchitis, emphysema, heart attacks, strokes, and cancer.

**Nicotine addiction**

Addiction is characterized by the repeated, compulsive seeking or use of a substance despite harmful consequences. Addiction is often accompanied by adverse physical and psychological dependence on the substance. Nicotine is the addictive drug in tobacco. Regular use of tobacco products leads to addiction in a high proportion of users.

In 1988, the U.S. Surgeon General concluded the following:

- Cigarettes and other forms of tobacco are addicting.
  - Nicotine is the drug in tobacco that causes addiction.
  - The pharmacologic and behavioral processes that determine tobacco addiction are similar to those that determine addiction to drugs such as heroin and cocaine.
- Nicotine is found in substantial amounts in all forms of tobacco. It is absorbed readily from tobacco smoke in the lungs and from smokeless tobacco in the mouth or nose and rapidly

spreads throughout the body.

Tobacco companies are required by law to report nicotine levels in cigarettes to the Federal Trade Commission but are not required to show the amount of nicotine on the cigarette brand labeling. The actual amount of nicotine available to the smoker in a given brand of cigarettes may be different from the level reported to the FTC.

Although 70 percent of smokers want to quit and 35 percent attempt to quit each year, fewer than 5 percent actually succeed. The low rate of successful quitting and the high rate of relapse are related to the effect of nicotine addiction.

**Benefits of quitting smoking**

In September 1990, the U.S. Surgeon General outlined the benefits of smoking cessation:

- Smoking cessation has major and immediate health benefits for men and women of all ages. Benefits apply to persons with and without smoking-related disease.
- Former smokers live longer than continuing smokers. For example, persons who quit smoking before age 50 have one-half the risk of dying in the next 15 years compared with continuing smokers.
- Smoking cessation decreases the risk of lung cancer, other cancers, heart attack, stroke, and chronic lung disease.
- Women who stop smoking before pregnancy or during the first 3 to 4 months reduce their risk of having a low birth weight baby to that of women who never smoked.
- The health benefits of smoking cessation far exceed any risks from the average 5-pound weight gain or any adverse psychological effects that may follow quitting.

People who stop smoking at younger ages experience the greatest health benefits from quitting. Those who quit by age 35 avoid 90 percent of the risk due to tobacco use. However, even smokers who quit after age 50 substantially reduce their risk of dying early. The argument that it is too late to quit smoking because the damage is already done is not true.

# A colorful diet can go a long way

**Press Release**

*Centers for Disease Control and Prevention*

Growing up you may have been told to eat your greens, but what about your reds, oranges, yellows and blues? The Centers for Disease Control and Prevention and the 5 A Day Partnership encourages you to “Sample the Spectrum” of the colorful vegetables and fruit available this season.

By putting something of every color on your plate or in your lunch bag, you are more likely to eat the five to nine recommended servings of vegetables and fruit every day. Just think: 1 cup of dark, leafy GREENS, 1/2 cup of RED tomatoes, 1/2 cup of YELLOW peppers, 6 oz. ORANGE juice and 1/2 cup of BLUEberries. And you have 5 A Day! It’s quite simple when you Sample the Spectrum.

The more reds, oranges, greens, yellows, and blues you see on the plate, the more health promoting properties you are also getting from your vegetable and fruit choices. Nutrition research shows that colorful vegetables and fruit contain essential vitamins, minerals, fiber, and phytochemicals that your body needs to promote health and help you feel great. Here are the specifics ...

**Reds**

When you add deep reds or bright pinks to your daily diet, you are also adding a powerful antioxidant called lycopene. Lycopene is found in tomatoes, red and pink grapefruit, watermelon, papaya and guava. Diets rich in lycopene are being studied for their ability to fight heart disease and some cancers.

**Greens**

Do you know why this color is so essential to your diet? Not

only do green vegetables look great and taste wonderful, but they are rich in the phytochemicals that keep you healthy. For example, the carotenoids lutein and zeaxanthin that are found in spinach, collards, kale and broccoli have antioxidant properties and are being studied for their ability to protect your eyes by keeping your retina strong. Also, research is being done on cruciferous vegetables like cabbage, Brussels sprouts, cauliflower, kale, and turnips to see if they may reduce the risk of cancerous tumors! Greens are also loaded with essential vitamins (folate), minerals, and fiber.

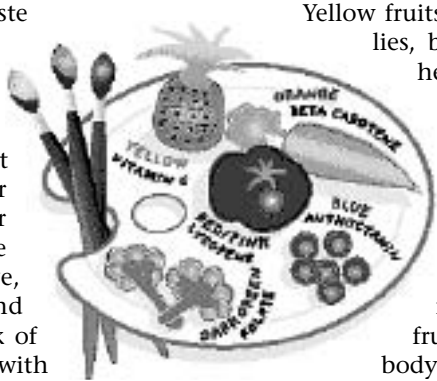
**Oranges/yellows**

Orange, the color of a blazing sun, is a must have in your daily diet. Orange vegetables and fruits like sweet potatoes, mangos, carrots, and apricots, contain beta-carotene. This carotenoid is a natural antioxidant that is being studied for its role in enhancing the immune system.

In addition to being touted as a powerful health-protector, the orange group is rich in Vitamin C. Folate, most often found in leafy greens, is also found in orange fruits and vegetables, and is a B vitamin that may help prevent some birth defects and reduce your risk of heart disease. With a chemical make-up this good, make the orange group always a part of your five to nine a day.

Bright yellows have many of the same perks as the orange groups: high in essential vitamins and carotenoids.

Pineapple, for example, is rich with Vitamin C, manganese, and the natural enzyme, bromelain. Additionally, corn and pears are high in fiber.



Yellow fruits and vegetables belong to many different families, but they all share the common bond of being health enhancing with great taste. Go for the gold!

**Blues/purples**

Blues and purples not only add beautiful shades of tranquility and richness to your plate, they add health-enhancing flavonoids, phytochemicals, and antioxidants. Anthocyanins, a phytochemical, are pigments responsible for the blue color in vegetables and fruits, and are being studied for their role in the body’s defense of harmful carcinogens. Blueberries, in particular, are rich in Vitamin C and folic acid and high in fiber and potassium.

**Whites**

Vegetables from the onion family, which include garlic, chives, scallions, leeks, and any variety of onion, contain the phytochemical allicin.

Research is also being conducted on:

\*Allicin to learn how it may help lower cholesterol and blood pressure and increase the body’s ability to fight infections.

\*Indoles and sulfaforaphanes, phytochemicals in cruciferous vegetables like cauliflower, for how they may inhibit cancer growth.

\*Polyphenols, another important phytochemical in pears and green grapes for how they may reduce the risk of certain cancers.

**Savor the Spectrum all year long**

There is color in every season. When it comes to your health, you’ll fare best with a multi-colored diet, so brighten up your meal and Sample the Spectrum.



GOAT, From C-3

Fans lean on their chosen teams like a crutch. And when your team hasn't won a World Series in 86 years, the crutch begins to weaken. Finally, it gives way and options become more base.

Either you log on to a Japanese website and make a pact with your new tomadachis, you hit the bottle harder than you already do, or you think of some reason why your team, and you, continue to fail.

What better reason could there be for failing than a curse? Absolutely none.

SOFTBALL, From C-1

Na Koa scored one more run before they received their third out by the Head Busters shortstop.

In the top of the fifth, the first Head Busters' batter was out at first, but the team made up for it with two consecutive base hits.

Unfortunately for them, their stroke of luck did not last very long. Their next batter beamed the ball left of second base, but short-

SEMPER FIT, From C-1

Improve your run time with sprints and hill work, or a combination of both.

Mock PFT/PRT — Find out where your unit stands for the physical fitness test/physical readiness test. Semper Fit will provide half way times and a race clock at the finish.

“Depending on the unit's goals, I can set up a class specifically for them,” said White. “If they want to improve their unit PFTs, then they can set up a H.I.T. class. The class works on speed and strength, but because it is higher intensity, the time is shorter.”

Another option for units is a remedial training group that can be held up to five days a week. According to White, she can schedule classes for up to two months straight, but units

**Bottom Line:** The two sports teams in America that were (Boston Red Sox) and still are (Chicago Cubs) cursed also coincidently have the best fans. After coming back from 0-3 to defeat the Yankees in the ALCS, and then sweeping the St. Louis Cardinals in the World Series, the Red Sox seemed more like a team chasing destiny than a team looking for a piano in a pond.

Congratulations Boston. No team in any sport has ever deserved it more. Chicago, you're next. Both the Red Sox and the Cubs are blessed to have fans who care enough to be cursed.

stop Felix Carrillo, a flight engineer for VP-47, caught the ball in midair and still tagged the runner on second. The top of the fifth ended with Na Koa ahead 9-0.

The bottom of the fifth only lasted about five short minutes before the umpire called the game due to the time limit, ending the game with Na Koa ahead 9-0.

Na Koa was good sports about their win, and during their team huddle, called out the Headbusters' name to show their respect.

must call at least two weeks in advance to schedule.

Future plans for the program include a H.I.T. class scheduled around lunch hour, about 11:30 a.m., but it will not begin until sometime in January 2005. Other new options will include the ability for the instructor to come to the shop or squadron to instruct classes, rather than having them exclusively at the Semper Fit Center.

For units interested, contact the Semper Fit Center at 254-7597, and schedule the chosen unit class with Michelle White at least two weeks in advance.

Currently classes are only scheduled for 6 a.m. on Mondays, Wednesdays, and Fridays, but if there is a constant demand additional times may be offered.

FOOTBALL, From C-1

easily took control for the rest of the game.

The Outlaws offense had no problems dominating the field as Winchester, Richardson, Benavides and Nick “the Ragin’ Cajun” Chapman worked together as an unrelenting force driving the ball into the end zone. Chapman was awarded the final effort for the goal and the score rose 30-12.

Just as soon as the Raiders had regained control of the ball, their possession was stolen as Outlaw corner back Zachary Azevedo intercepted a pass and ran the ball into the end zone to make the score 36-12 before the end of the third quarter.

By the fourth quarter defeat was accepted by all members of the Raiders team, and so the only logical strategy for them was to give the Outlaws a game to remember and have fun while they did it.

The Raiders substituted players into positions they had never played and laughter could be heard from the sidelines as they attempted to execute new plays.

The Outlaws hadn't taken to laughter yet though, they were still intent on scoring. But they also did so by mixing up positions, which seemed to work well.

Chapman made his quarterback debut in the final minutes of play as he shot a touch-down pass into the end zone to Raymond Bell. Kicker Emmanuel Ellis made the extra point bringing the score to 43-12.

But the Outlaws still hadn't finished their onslaught as Azevedo intercepted his third pass of the night to give the Outlaws one final possession. Again Chapman showed off his



Cpl. Megan L. Stiner

**Clifton Shackelford attempts to gain a few yards for the Camp Smith Raiders during Monday nights' second playoff game of the season.**

throwing skills as he passed to Bell yet again adding another six points to the board before the clock ran out.

“I think we played well with a few mistakes, but we can play better,” said head coach Fredrick Smith. “Camp Smith played a good hard game, and they surely didn't give up,”

Victory, defeat, willpower and relinquishment; perhaps not one of the best matched games of the year but for those on the sidelines, emotion and adrenaline provided an atmosphere that seemed to explain what it is about football that keeps players coming back year after year.

“We look forward to seeing who we will play in the next game,” said Smith. “We have a hard-hitting team that will be ready for the next challenger, no matter who it is.”

Visit us at [www.wish.org](http://www.wish.org) or call (800) 722-WISH and **share the power of a wish®.**

Make-A-Wish Foundation® is a CFC participant. Provided as a public service.

**MAKE**

**WISH®**

**USE YOUR HEAD**

**WEAR A HELMET**

(800) 446-9227  
www.msf-usa.org